

JEFFERSON MONTHLY

THE ZOO IN YOU.
YOU THOUGHT YOU WERE A HUMAN.
BUT YOU'RE NOT.



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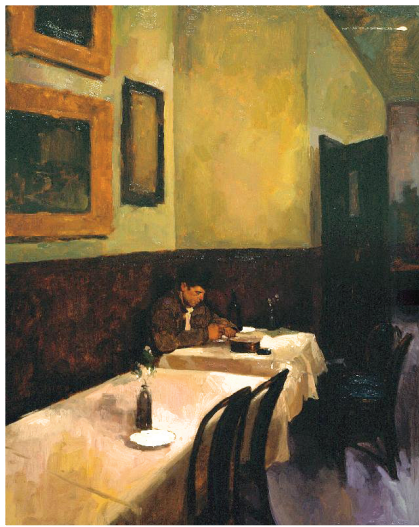


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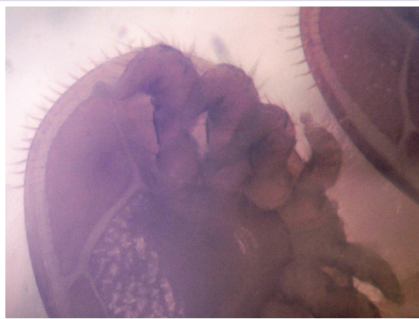
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Communal meals are woven into our DNA. But eating alone is no longer a social taboo. (See "The Salt" p. 24). Painting by Joseph Larusso.



CREDIT: KEN CHRISTENSEN, EARTHFIX

If left untreated, varroa mites typically destroy a colony of honeybees in less than two years. (See "EarthFix", p. 14).

ON THE COVER

Lactobacillus bacteria. This lactic acid-producing bacteria is used in the production of yoghurt and other fermented products; they serve a protective role against more dangerous bacteria.



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JEFFERSON MONTHLY

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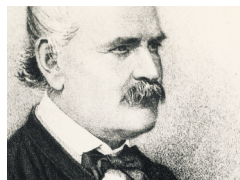
OCTOBER 2015

FEATURE

6 The Zoo in You. You Thought You Were a Human. But You're Not.

By Jennifer Margulis, Ph.D.

The messaging that "bacteria is bad" has become so ingrained in the public consciousness that in America today you find antibacterial hand sanitizer at every supermarket entrance, antibacterial soap in every doctor's office bathroom, and antibiotic cream in every pharmacy.



Ignaz Semmelweis demonstrated that puerperal fever (aka childbed fever) was contagious and that this incidence could drastically be reduced by appropriate hand washing by medical caregivers.

It is unquestionable that an overgrowth of certain bacteria, fungi, and other organisms (like worms) can make humans very sick, and no one contests the idea that good sanitation has helped stop the spread of many diseases. But there is a growing body of research that suggests that we may be taking our fear of bacteria, and even our practice of good hygiene, too far.



PHOTOS: CORT WEAVER

October's broadcast of the San Francisco Opera includes Rossini's *Cinderella* with Karine Deshayes (Cenerentola) and René Barbera (Don Ramiro), and Tutino's *Two Women* with Anna Caterina Antonacci (Cesira).

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Making Radiowaves

This past summer has been an active time here at JPR as we've been addressing both long and short term issues that impact our service to the region. I thought I'd take a moment to update you on some of those recent developments.

Jackson County News And Information Service Gets FM Frequency

After about a year of concentrated effort to acquire and construct an FM translator for our News and Information Service in Jackson County, we were finally successful and able to begin service on 102.3FM in mid-September. Broadcasting is a highly regulated industry and the initiative to make this happen was multi-layered, requiring extensive legal and technical work and the joint support of Southern Oregon University and the JPR Foundation. We're thrilled to be able to announce this significant service improvement and encourage our Jackson County listeners to tune in to the new frequency. The change will improve the audio quality of the News and Information Service in Jackson County, especially during programs that feature music, such as *A Prairie Home Companion* and *West Coast Live*. Another big improvement will be that 102.3FM will have

much better coverage during evenings. We hope listeners who never venture onto the AM band will newly discover the excellent programs the News and Information Service offers at the new spot on the FM dial. We expect the coverage area of the new 102.3FM frequency to be very close to the existing daytime signal of KSJK/1230AM, covering most of Jackson County.

Improvements In Del Norte And Curry Counties

After enduring several years of congestion on the FM band that has caused inter-

ference and degradation of our FM translator signals serving Crescent City and the Brookings area, we've developed a plan to improve our service in these areas pending FCC approval. Listeners in the Crescent City area may have already noticed an improved signal at 91.1FM and we're still working to improve this signal further. In addition, we've filed an application with the FCC to change the frequency of our Brookings translator to one with less congestion, which should improve that signal significantly. We'll keep our Brookings members updated via email when that change gets approved and implemented.

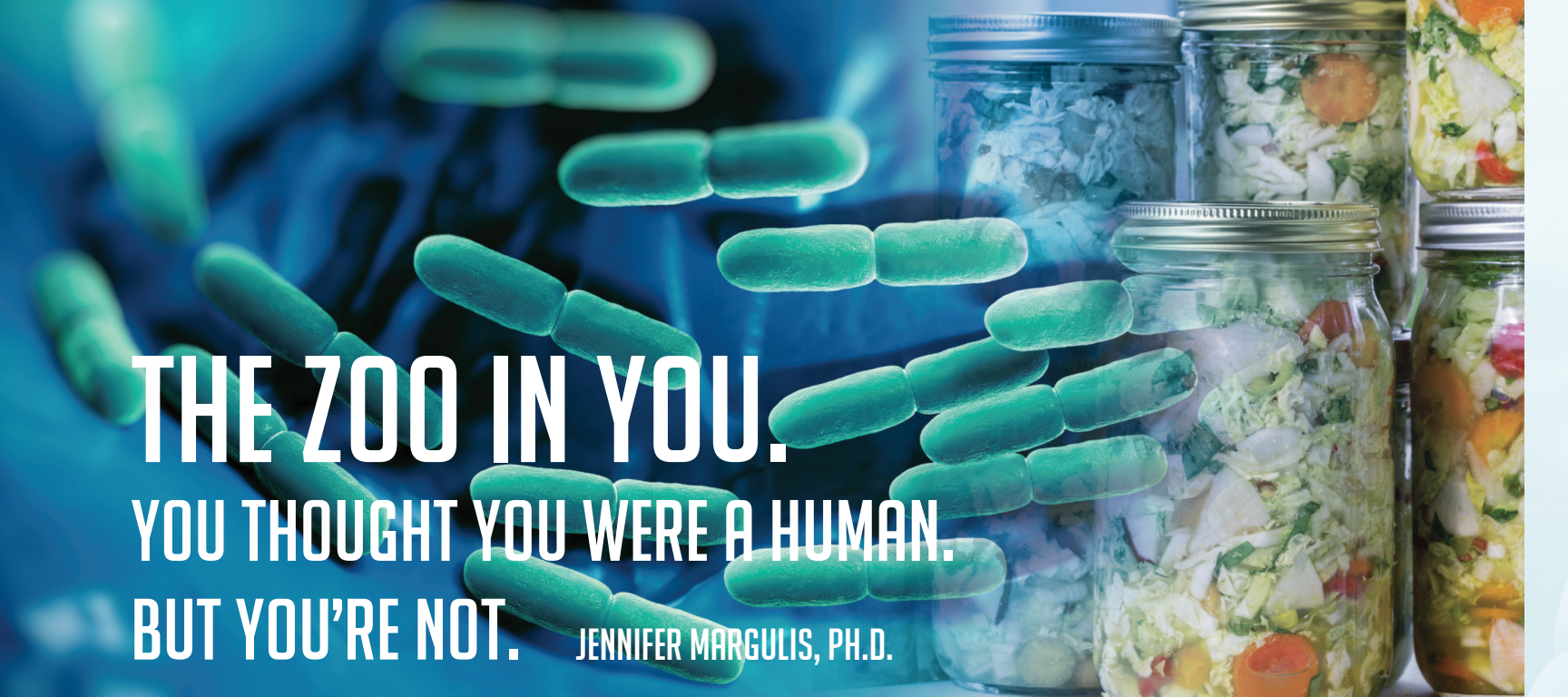
KAGI/930AM Problems

There's no easy way to say it – our News and Information Service station serving Grants Pass and Josephine County has been doomed lately. In 2013, the tower site we lease near Grants Pass was hit by lightning

and the KAGI transmitter suffered extensive damage. We limped along operating at low power for several months while we filed an insurance claim, which ultimately provided approximately \$16,500 toward the cost of a new \$34,000 transmitter. We installed that new transmitter last year and it was humming along

nicely ... until this summer when one of the most intense and powerful lightning storms we've seen in Southern Oregon once again struck the KAGI tower radiating frenetic energy the wrong-way through our transmission system. Despite the extensive surge protection we had installed at the site, the transmitter once again suffered damage, although nowhere near the extent caused by the previous strike. This time, in an effort to learn from our mistakes, we kept the station off the air while we methodically traced every electrical circuit in the transmitter building to ascertain where

We expect the coverage area of the new 102.3FM frequency to be very close to the existing daytime signal of KSJK/1230AM, covering most of Jackson County.



THE ZOO IN YOU. YOU THOUGHT YOU WERE A HUMAN. BUT YOU'RE NOT.

JENNIFER MARGULIS, PH.D.

Do you know if this is lacto-fermented?" a woman asks me, sniffing the sauerkraut at the salad bar of the Ashland Food Co-op. "It smells like it."

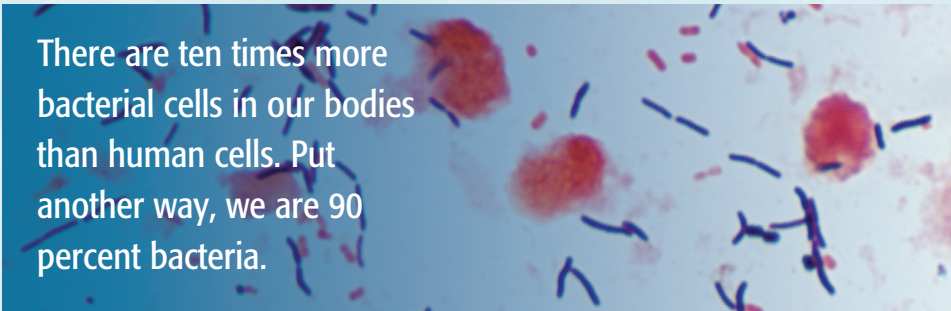
It's eight a.m. and Betsy Hicks and her husband, John Hicks, M.D., a pediatrician in private practice in Los Gatos, California, are stopping in Ashland on their way to Portland to visit family.

"I think so," I venture. I recognize the label. "It's made right down the street."

"Fantastic!" Betsy exclaims. The office manager for her husband's medical practice, Betsy Hicks is also author of the book, *Picky Eating Solutions: Bringing the Joy of Real Food Back to the Table*.

She piles a heap of sauerkraut next to the scrambled eggs on her plate with the enthusiasm of a kid in a candy store.

Why is she so happy? Because, like a growing number of medical practitioners and scientific researchers, Betsy and John Hicks have seen marked improvements in children's health and behavior when their parents start feeding them a small amount of lacto-fermented foods, like this sauerkraut, at every meal. In fact, the addition of fermented foods and the change to a whole foods diet ("If it came from a plant, eat it; if it was made in a plant, don't," as journalist Michael Pollan puts it) can make such a big difference to children with autism spectrum disorders that it is the first thing Dr. Hicks—who has been practicing medicine for forty years and specializing in helping heal children with autism for over a decade—recommends to families.



There are ten times more bacterial cells in our bodies than human cells. Put another way, we are 90 percent bacteria.

As we sit down to eat our breakfast, the Hicks tell me they have even started giving breastfeeding infants daily drops of fermented brine to help colonize their intestines with beneficial bacteria and get them accustomed to the sour taste early.

Why fermented foods? These foods are rich in what scientists are now referring to as "beneficial bacteria"—single-celled microorganisms that play a wide variety of crucial health functions in the human body, from helping us fight off infections of invasive disease-causing bacteria and viruses to breaking down our food into usable nutrients.

There are ten times more bacterial cells in our bodies than human cells. Put another way, we are 90 percent bacteria. We like to think of ourselves as human beings but in the past ten years or so medical science has come to realize that bacteria are an inseparable and crucial part of our bodies, and that we are literally teeming with non-human life.

We are walking microcosms of bacteria, fungi, and even worms.

There's a veritable zoo in you.
Weird, huh?

"We live in a symbiotic relationship with the bacteria in our body," explains Paul Thomas, M.D., a pediatrician in private practice in Portland, Oregon, who also encourages his patients to eat as much whole real food as possible. "They live off the food we send down the pipe and we benefit as they help us digest our food, ferment our food, absorb nutrients, and manufacture vitamins. Beneficial bacteria also help our immune systems, reducing the likelihood of pathogenic bacteria taking hold and making us ill."

Though you've probably heard this before, or read about it somewhere, the idea that bacteria have so much benefit that we should be eating the good ones, letting them grow on our skin, and even colonizing ourselves with them in other ways (like fecal microbiota transplants, where you use donor feces to recolonize a sick person's colon) isn't an easy concept to accept.

At least not for me.

I grew up in the 1970s at a time when public health officials were pushing the benefits of good hygiene and the harms of "germs." One of my favorite books was about big, bad bacteria. GERMS MAKE YOU

SICK was the message that blared out from every page, illustrated with pen and ink drawings of intimidating bacteria and accompanied by admonishments to always wash your hands.

The messaging that “bacteria is bad” has become so ingrained in the public consciousness that in America today you find antibacterial hand sanitizer at every supermarket entrance, antibacterial soap in every doctor’s office bathroom, and antibiotic cream in every pharmacy.

It is unquestionable that an overgrowth of certain bacteria, fungi, and other organisms (like worms) can make humans very sick, and no one contests the idea that good sanitation has helped stop the spread of many diseases. But there is a growing body of research that suggests that we may be taking our fear of bacteria, and even our practice of good hygiene, too far.

Stopping The Spread Of Diseases

In the mid-19th century, a Hungarian doctor who was working in Vienna, Ignaz Semmelweis, first suggested to doctors that they themselves were spreading childbed fever to birthing moms because they did not wash their hands. Semmelweis had noticed that laboring women under the care of doctors had extremely high mortality rates, triple the rates of women cared for by midwives. He also observed that his colleagues often came to births after dissecting cadavers or visiting sick patients in other wards.

Semmelweis began tracking maternal deaths and showed that simple handwashing in a chlorine solution could stop the spread of childbed fever and drastically reduce maternal mortality. But though he adopted a handwashing policy in his clinic that showed nearly instant good results, his new way of practicing was unwelcome among his colleagues. Some doctors were even offended by the suggestion that they, as gentlemen, would need to wash their hands. Semmelweis was soundly ridiculed by the medical profession, so much so that he had to leave Vienna. Though his ideas gained widespread acceptance just a few years after his death, he died tragically at age 47 two weeks after being committed to a mental institution and being beaten by the guards.

Though Semmelweis identified the mechanism by which childbed fever was spread (dirty hands) and concluded that medical professionals spread “cadaverous particles” on their hands to the birthing

ward, he did not ascertain the exact cause of the infection.

It was just a few years later that Louis Pasteur, a French chemist, microbiologist, and inventor, hypothesized that microbes—tiny organisms that had first been seen and identified under the microscope by a Dutch scientist in the 17th century—were the agents that caused disease.

Pasteur argued that people got ill from food because of contamination from live disease-causing microbes. For Semmelweis, the key to safe childbirth was simple hygiene. Pasteur took the importance of hygiene one step further and developed what every American child learns about in high school science classes, a process called pasteurization that kills all the bacteria in a food by heating it to very high temperatures.

Have We Become Too Sterile?

Though Pasteur’s realization that some bacteria can harm us and that we can protect our food supply by destroying these disease agents has long been considered a huge advance, scientists are increasingly coming to realize that we may have taken Pasteur’s lessons too far. (For the philosopher buffs among my readers, does this

giene have drastically stopped the spread of infection, of course, especially when dealing with surgery, wound care, and open body sores.

But there’s a rub that we are just starting to understand. When you use a broad spectrum antibiotic to rid the body of harmful bacteria, you also rid the body of good bacteria, creating an environment that is more hospitable to fungal overgrowth and to vigorous, opportunistic bacteria that are able to take over because there are no longer beneficial bacteria to keep them in check.

If you kill off all the bacteria in the human digestive tract, for example, opportunistic bacteria (often *Clostridium difficile*) take over, resulting in debilitating, sometimes fatal, diarrhea. That’s where the fecal transplants I mentioned before come in. We now know that we can repopulate a person’s intestines by inoculating them with fecal bacteria, a practice first documented by the Chinese in the 4th century.

Understanding the need for a balanced biota and the complexity of the human microbiome has profound implications for childbirth as well. Think about it: before his discovery, the midwives Semmelweis ob-



One of the world’s most commonly sprayed herbicides—glyphosate—is associated with the disruption of the human gut microbiome.

push-me-pull-you sound familiar? It is an elegant example of the Hegelian dialectic.) The problem is that Pasteur’s process of sterilization food not only kills harmful bacteria, it also kills beneficial microorganisms, a realization that has led some Oregonians to go back to drinking raw milk.

If you walk into a hospital today, everything is as sterile as possible: counters are scrubbed with chemical disinfectant, bed sheets are bleached, infected human waste is immediately removed and incinerated. Using sterile utensils and meticulous hy-

served weren’t disinfecting *their* hands either. They also weren’t carrying harmful pathogens on their unwashed hands, since they were not performing autopsies or caring for other patients with infectious diseases. These midwives weren’t sterile and did not practice good hygiene but they weren’t introducing pathogenic bacteria that the doctors contacted in other wards and in the morgue and nonetheless they had much better outcomes than the doctors.

Has it been a positive advance for childbirth to create a

CONTINUED ON PAGE 26

LARKS

GREAT TASTING FOOD
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“W_O_N_D_E_R_F_U_L!!!!”

Absolutely delicious! I ordered the white fish not expecting anything special and was blown away by the flavor. Every single morsel on my plate was to die for. I wanted to lick it! The sauce was divine. My dining partner enjoyed her duck saying it was the best meal we'd had on our culinary tour of the West Coast. Wish this place was in Los Angeles. I'd be a frequent diner!

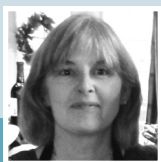


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Dogs For Defense

Next month we celebrate Veteran's Day. We honor those men and women who have served the United States and remember their sacrifice and service. So much has been written about famous veterans like Jimmy Stewart, Kurt Vonnegut, Presidents Kennedy and GHW Bush but few realize that many thousands of "man's best friend" are also war heroes.

In a little-known parallel world during WWII, there was Greer Garson's poodle, Click, Mary Pickford's German Shepherd, Silver, Rudy Vallee's Doberman, King, and then there was my grandparent's dog Butch. He may have been the United States military's greatest secret weapon but his family thinks of him as a most unlikely recruit.

He was a Chow and English Sheepdog cross, a fat, sloppy and undisciplined dog who never came when he was called. He lived in San Francisco in the early 1940's when the specter of the Great Depression still loomed and having an extra mouth to feed every day—even if that mouth was the family pet—was a considered expense.

In the spring of 1942, a call came out to patriotic dog owners to enlist their canine companions in the war effort. The fledgling organization, Dogs for Defense, grew out of a need to recruit man's best friend to the cause of freedom. Surprisingly, America at that time had no formal dog program attached to the military. The American Kennel Association, along with this new organization, Dogs for Defense, saw an important place where trained dogs could be utilized to assist in the defense of this country. Sentry dogs, patrol dogs, messenger and mine detection dogs could be trained and sent to assist military units all over the world.

At that time, the need for dog recruits was so great there were very few breeding or age requirements. Dogs for Defense accepted dogs from the wealthiest families and from the poorest. The purebred trained with the mutt, breed distinctions were not recognized until later when it was discovered certain breeds worked well in specific



A boy supports the war effort by giving his pup to the Dogs for Defense program.

TOP RIGHT: Coast Guard dogs chow down during World War II.



PHOTO: U.S. WAR DOGS ASSOCIATION

might be sent home with a bad conduct discharge for refusing to come when called or for not keeping a regimental toilet. When he lived at home, he was also known for going AWOL whenever one of the kids left the back gate open.

My own dad joined the Merchant Marines in 1944 and, later the Navy, serving in the Pacific. Home on leave in 1946 and still in his uniform, his mother directed him to the back yard. There, sitting obediently was PFC Butch DeAndreis, looking like the very model of a modern major general. Trim, athletic, disciplined, Butch sat ramrod straight and gazed

There, sitting obediently was PFC Butch DeAndreis, looking like the very model of a modern major general.

at his comrade-in-arms. His steely eyes never wavered as he waited for my father's "at ease" command. Dad swears the dog saluted him but admits it could've been his eyes playing tricks on him as a result of a late night of official military debriefing at a local watering

hole known as Tippy's.

Butch, like all successful Dogs for Defense, received a commendation letter from the War Department and like all soldiers, regular discharge papers. I wish I could say that Butch's military training and his disciplined way continued to his death, but according to my dad, "within three months, he was same old Butch, undisciplined, gluttonous and slovenly."

But like Butch, many were called and served honorably in the war. When my grandfather dug the hole in the yard that would be Butch's final resting place, there were salutes and a modest eulogy and somebody hummed taps. At least for the three years Butch served in the military it was said of him, he came when was called.

Madeleine DeAndreis-Ayres has floated the idea of sending the family dog for stint in the military. Turns out they now have standards for that sort of thing.

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Theatre And The Arts

Molly Tinsley

Culture Versus Class

The final two plays of this OSF season explore gritty corners of contemporary American life. In *The Happiest Song Plays Last* (Thomas Theatre) Quiara Alegria Hudes mines her own biography to counterpose the separate journeys of Yaz and her cousin Elliot out of and back to their Puerto Rican neighborhood in north Philadelphia. In *Sweat* (Bowmer Theatre) Lynn Nottage mirrors the depressed city of Reading, Pennsylvania, where she spent several years interviewing its struggling people. Although both plays dramatize the challenge of surviving in the shallows of the social mainstream, the outcomes differ radically. *The Happiest Song* earns its title by foregrounding the consolations of ethnic culture. *Sweat*, on the other hand, portrays a seething melting pot constrained by economic class.

The Happiest Song shuttles between the house Yaz (a sunny Nancy Rodriguez) took over from her Aunt Ginny and locations in Jordan, where Elliot (a hyper Daniel Duque-Estrada), a Marine veteran wounded in Iraq, stars in a film about that war. Yaz wants to become the community catalyst Ginny was: her door is never locked and she cooks for all in need. To replenish herself, she turns to the older musician and counselor, Agustin (the irresistible Armando Duran). Meanwhile Elliot rides out post-traumatic flashbacks, and falls in love with Shar (the grounded Tala Ashe), a young American actress with both wealth and Arab roots. He also becomes friends with Ali (a transcendent Barzin Akhavan), advisor to the film and an Iraqi refugee, at risk with his family of deportation.

Internet platforms keep the two worlds in touch as does director Shishir Kurup's staging of brief, silent encounters between

the two sets of characters during scene shifts. Structurally, however, the connection is tenuous. It is in a blithe flash-mob spirit that Elliot and Shar fly to Cairo, business class, to get in on the fall of Mubarak. Then they head for the States, leaving behind the tumult of the Middle East and the humbly heroic Ali, seemingly oblivious to whatever horrors lie ahead him. At home Agustin has succumbed to a heart attack, and with him dies his hope of fathering a

The Happiest Song earns its title by foregrounding the consolations of ethnic culture. *Sweat*, on the other hand, portrays a seething melting pot constrained by economic class.

child with Yaz to carry on the Puerto Rican folk legacy. The picture brightens with the arrival of a pregnant Shar, and Yaz bestows Agustin's guitar-like *cuatro* on Elliott. As lights fade, he plucks only a single note, but it vibrates with the promises of a meaningful culture.

Though Yaz and Elliot experience intimations of spiritual wholeness, the play itself seems divided in tone. On the one hand, there is Hudes's devotion to her roots, to her high-energy, witty, real-life cousin, to their community, and especially to Agustin, in whom Duran creates a charming blend of self-effacement and self-assertion. But the disorder of Sybil Wickersheimer's set evokes a larger world in the grips of violent change, where suffering and injustice perhaps call into question the safe nostalgia of cultural solidarity.

If their Puerto Rican heritage offers to buffer Elliot and Yaz against the chaos of the bigger picture in *The Happiest Song*, in *Sweat*, the culture of working class solidarity and pride, which put boots on the factory floors in Reading, Pennsylvania for generations, has been shattered. In the wake of NAFTA, the Great Recession, and the relentless pursuit of corporate profit, a grim joke has made the rounds that the struggling 99 percent in the United States don't turn against the one percent re-

sponsible for destroying the quality of their lives, but against each other. It's this fighting over crumbs that Nottage documents with heart-rending brilliance.

But *Sweat* is more than another requiem for the American Dream. Under Kate Whoriskey's perceptive direction, it's a magnificent ensemble piece whose action moves inexorably forward even as it shuttles back and forth across a ten-year span. The opening scene, played appropriately against a brick wall, finds Jason (an ADD Stephen Michael Spencer) and Chris (an inward Tramell Tillman), white and black, being released from prison for an undisclosed crime. Then time backpedals to uncover the circumstances that led to it and to introduce their mothers, Tracey (a sardonic Terri McMahon) and Cynthia (a resolutely buoyant Kimberly Scott), who have been best friends forever. They and pal Jessie (an endearingly semi-comatose K. T. Vogt) have gathered as usual at Stan's bar for the schmoozing and soothing without which factory labor would break down body and soul. Chris and Jason check as the lifelong buddies they once were.

Disturbances spark tension in this ritual of connection: ugly rumors about their plant closing mix with talk that management plans to promote one person "from the floor" into its exalted ranks. Both Cynthia and Tracey will apply. Chris reveals that he's been accepted into college—his aspirations threaten Jason. Cynthia's estranged husband Brucie (a poignantly diminished Kevin Kenerly) has been on strike for two years over slashed wages and has fallen into addiction. Bartender Stan (the pitch-perfect Jack Willis) deploys tact, wisdom, and humor to defuse these potential bombs, but forces have been set in motion for collisions both inevitable and utterly surprising.

The selfless courage of Agustin and the generous efforts of Yaz sustain the culture of their birth and leaven *The Happiest Song*. In *Sweat*, noble qualities, like Jessie's wistfully recalled "sense of possibility," have been strangled by the culture of maximized profit. Even Cynthia, thinking she's been chosen to rise within that "higher" culture, locks out her friends and her own son only to be dumped along with them into a pit of paranoia and addiction. The mindful and modestly noble Stan is lost to brain damage.

There is perhaps one flicker of hope for us if not for these bereft human beings turned economic fodder: the Latino Oscar, who once mopped up the bar, now runs it and is taking gentle care of Stan.

Molly Tinsley taught literature and creative writing at the U. S. Naval Academy for twenty years. Her latest book is the spy thriller *Broken Angels* (www.fuzepublishing.com)



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Inside the Box

Scott Dewing

The Internet Of Things

Imagine the milk is running low—or, if you live in a home similar to mine, one of your kids drank the last of it and put the empty container back in the refrigerator as a decoy—but rather than reaching for that near-empty (or completely empty) container the next morning, your refrigerator already updated a grocery list on your phone the day before and your phone instructed you to stop at the grocery store on the way home and purchase more milk. Or, even better, your phone alerted a grocery delivery service like AmazonFresh and the milk was automatically delivered to your doorstep.

In a totally interconnected world, your milk container has a sensor in it. Your “smart” refrigerator is a computer that can track the status of the contents of your refrigerator and send data to your phone.

In an interconnected world of sensors and data, your lawn is no longer watered based on a timer; rather, there are sensors in the ground that measure and report moisture levels back to the watering system. The watering system is connected to the Internet and pulls the latest weather forecast data for your area. It knows that it’s going to rain tomorrow and, even though the moisture level data from the sensors has dipped below the threshold that would normally trigger watering of the grass, the system takes the weather data into account and holds off on watering and conserves water while Mother Nature does her work.

This is the “Internet of Things”, a world in which sensors are everywhere and on everything. Data flows in and out of systems, algorithms are run, decisions are made—and all without human intervention. It’s the next “big thing” and it’s

already happening and you are increasingly living in an interconnected world where the Internet of Things are running 24/7/365.

Sometime in the near future, you will go to the grocery store to get that milk as

“
The Internet of Things creates a world in which sensors are everywhere and on everything. Data flows in and out of systems, algorithms are run, decisions are made—and all without human intervention.”

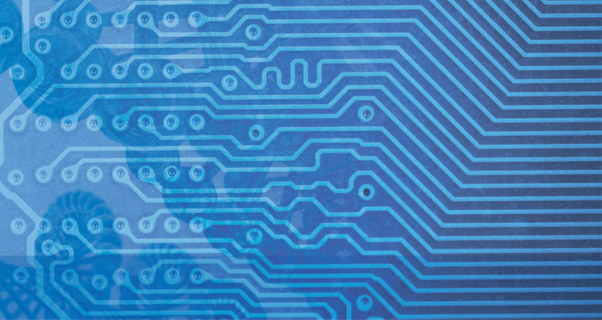
well as other things your smart refrigerator and cabinets have updated your phone about. While at the grocery store, the prices of products are in flux because they too are data-driven based on current market prices of the various ingredients in the product you are purchasing. You grab the items you need and put them in your cart. Your smart cart senses that the items

are there and crosses them off the shopping list on your phone in real-time.

You no longer have to wander around the store or ask a clerk where a particular item is located in the store because everything is geo-tagged and your phone can guide you right to it because it automatically pulled the layout of the store and the location of all items the moment you entered the store.

There are no cash registers in a world of the Internet of Things. As you leave the store, you auto-pay for the items in your cart. If you do not have sufficient funds to pay for these items, you are notified to return immediately to the store. If you do not, your vehicle is remotely impounded and disabled from starting until you return items to the store or transfer sufficient funds into your account to pay for the items.

If this data-driven, mostly automated world of the Internet of Things scares you a bit, that’s okay. You really should be a bit scared and skeptical. Fear and skepticism are what keep us from launching headlong into a creating a dystopian world



that, on the surface, promises to be a utopia. You can begin by asking how a world of the Internet of Things is somehow a fundamentally better world.

Wen Jiabao, the former premier of China, had an interesting way of viewing the Internet of Things a few years ago when he gave a speech that kicked of a multi-million dollar Chinese project to help fund the manufacturing of “smart” products.

“Internet + Internet of Things = Wisdom of the Earth,” Mr. Jiabao proposed in his speech.

To me, that sounds more like something the ancient Chinese philosopher Lao Tsu would have said in the *Tao Te Ching*.

In the *Tao Te Ching*, Lao Tsu refers to manifestations in the physical world as the “ten thousand things”. Lao Tsu says, “The ten thousand things rise and fall without cease.”

It’s estimated that by 2025 there will be 1 trillion networked devices worldwide. Call them the “one trillion things” if you like. They will continue to rise without cease, but they are not, in and of themselves, the things of wisdom.

Whether or not the development of the the Internet of Things will result in the “Wisdom of the Earth” remains to be seen. I’m skeptical. It has been my experience here on Earth that wisdom does not flow from technology or data or algorithms. Wisdom is ancient and flows from people.

“Empty yourself of everything,” Lao Tsu instructs. “Let the mind become still. The ten thousand things rise and fall while the self watches their return. They grow and flourish and then return to the source.”

So this morning, when I went to grab the milk from the refrigerator only to discover it was nearly empty, I smiled at the emptiness and imperfection in the world. For sure the era of the Internet of Things is upon us, but it is not the source. We are.

Scott Dewing is a technologist, teacher, and writer. He lives with his family on a low-tech farm in the State of Jefferson.

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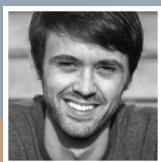
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EarthFix

Ken Christensen

Could A Mushroom Save The Honeybee?

Honeybees need a healthy diet of pollen, nectar and water. But at a bee laboratory in Eastern Washington, Steve Sheppard fills their feeding tubes with murky brown liquid from the forest.

His bees are getting a healthy dose of mushroom juice.

"If this does what we hope, it will be truly revolutionary," said Sheppard, who heads the Department of Entomology at Washington State University. "Beekeepers are running out of options."

Commercial honeybees, which pollinate \$15 billion worth of crops in the United States annually, have teetered on the brink of collapse for nearly a decade. A third of all bee colonies have died each year since 2006, on average, according to the U.S. Department of Agriculture.

Scientists say the mysterious phenomenon, known as colony collapse disorder, may be the result of at least 60 environmental factors that combine to cripple honeybees — including pesticides, disease, malnutrition, loss of habitat and climate change.

Like A Pancake 'Feeding On You'

Beekeepers, however, say the honeybee's single greatest threat is a virus-carrying parasite called the varroa mite.

Sheppard has spent decades breeding western honeybees to better tolerate the mite and its viruses. But he hasn't had much success, he said.

Varroa mites have devastated U.S. bee-hives since the late 1980s, when they arrived here from Asia. In 1996, half of colonies east of the Mississippi River died due to mite infestations.

The reddish-brown pests, which are no bigger than the head of a pin, invade colonies and multiply rapidly. They hide among bee larvae developing in the honeycomb, feed on infant bee blood and lay several eggs each.

"It would be like having something the size of pancake feeding on you," Sheppard said.

Honeybees that emerge from the infected hives typically carry illnesses, like a virus that results in deformed wings that prevent bees from flying.

If beekeepers don't intervene, the varroa mite can destroy a colony in less than two years. Meanwhile, the pest reproduces so rapidly it builds resistance to chemical pesticides more quickly than solutions can be invented, Sheppard said.

That's why he decided to try an unconventional approach last year, after local mushroom expert Paul Stamets called him with an idea to help arm the honeybee in its fight against the mite.

Learning The Way Of The Bee

"We've gone to the moon, we've gone to Mars, but we don't know the way of the bee?" asked Stamets, who owns the medicinal mushroom company Fungi Perfecti near Olympia, Washington.

The self-taught mycologist said he noticed a relationship between honeybees and mushrooms when he observed bees sipping on sugar-rich fungal roots growing in his backyard.

"I looked down, and they were sucking on my mycelium," he said.

Now he thinks he knows why.



PHOTO: KATIA SCHULZ | FLICKR COMMONS

The red-belted polypore mushroom is among five species of fungi that have been shown to improve the honeybee's immune system.

TOP OF PAGE: Varroa mites feed on honeybees and transmit several viruses to their hosts.

In recent years, his research has shown that rare fungi found in the old-growth forests of Western Washington can help fight other viruses, including tuberculosis, smallpox and bird flu. He wondered if the honeybee would see similar health benefits from wood-rotting mushrooms.

"Bees have immune systems, just like we do," he said. "These mushrooms are like miniature pharmaceutical factories."



PHOTO: KEN CHRISTENSEN, EARTHFIX

Paul Stamets cultures mycelium at his laboratory near Olympia, Washington.

Stamets and Sheppard are feeding liquid extracts of those forest mushrooms to mite-infected honeybees. Initial findings suggest that five species of the wood-rotting fungi can reduce the honeybees' viruses and increase their lifespans.

In addition, the scientists are trying to fight honeybee viruses by taking aim at the varroa mite itself. Insect-killing fungi have been used as an alternative to synthetic chemical pesticides for years, and previous studies show that one type of entomopathogenic fungus can weaken varroa mites in beehives.

Killing Parasites Without Harming Bees

Paul Stamets thinks his version of the fungus will be more effective. So far, the results of the experiments in Sheppard's lab look promising.

"The product seems to be killing mites without harming bees," Sheppard said.

This fall, the scientists plan to expand both experiments by partnering with commercial beekeepers like Eric Olson, who runs the largest commercial beekeeping operation in Washington.

Olson said two-thirds of his beehives died five years ago because of a varroa mite infestation. After several years successfully controlling the pest, he arrived this year in California for almond pollination season and nearly half of his bees had died during the winter.

He spent \$770,000 to buy replacement hives, he said.

"I was lucky that I had the cash and the connections to recover from that," he said.

Olson recently donated about \$50,000 to Sheppard's department to help find a solution to the mite. Looking at the bees in one of his hives, he said, "I'm really concerned about whether these little girls will survive."

Ken Christensen is the EarthFix associate video producer at KCTS9 in Seattle. Ken has written and produced video for Crain's New York Business, where he launched the publication's video department. Ken has a master's degree in journalism from The City University of New York (CUNY).

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4:00pm All Things Considered
7:00pm Exploring Music
8:00pm State Farm Music Hall

Saturday

5:00am Weekend Edition
8:00am First Concert
10:00am San Francisco Opera
2:00pm Played in Oregon
3:00pm The Best of Car Talk

4:00pm All Things Considered
5:00pm New York Philharmonic
7:00pm State Farm Music Hall

Sunday

5:00am Weekend Edition
9:00am Millennium of Music
10:00am Sunday Baroque
12:00pm Siskiyou Music Hall
2:00pm Performance Today Weekend
4:00pm All Things Considered
5:00pm Chicago Symphony Orchestra
7:00pm Center Stage from Wolf Trap
8:00pm State Farm Music Hall

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Classics & News Highlights

* Indicates birthday during the month.

First Concert

Oct 1 T Stradella*: Sinfonia in D minor
Oct 2 F Butterworth: *A Shropshire Lad*

Oct 5 M E. Franck*: Violin Sonata in D major
Oct 6 T Szymanowski*: *Concert Overture*
Oct 7 W Rimsky-Korsakov: *The Golden Cockerel Suite*
Oct 8 T Nielsen: *Helios Overture*
Oct 9 F Rautavaara*: *Suite for Strings*

Oct 12 M Vaughan Williams*: *The Lark Ascending*
Oct 13 T Haydn: Symphony No. 88
Oct 14 W Lully: Suite from *Le Bourgeois Gentilhomme*
Oct 15 T Debussy: *La Mer*
Oct 16 F Copland: *Rodeo*

Oct 19 M Giannini*: Piano Trio

Oct 20–27 Fall Membership Drive

Oct 28 W Hanson*: Symphony No. 2, "*Romantic*"
Oct 29 T Mozart: Harmoniemusik from *Don Giovanni*
Oct 30 F Handel: Concerto Grosso in A major

Siskiyou Music Hall

Oct 1 T Dukas*: Piano Sonata in E flat minor
Oct 2 F Thuille: Trio for Violin, Viola & Piano

Oct 5 M Mozart: Sinfonia Concertante for Violin & Viola
Oct 6 T Doppler: *Benyovszky*
Oct 7 W Molique*: String Quartet No. 2
Oct 8 T Saint-Saëns*: Piano Concerto No. 5
Oct 9 F Verdi*: Ballet Music from *I Vespri Siciliani*

Oct 12 M Pleyel: Symphony in G major
Oct 13 T Reicha: Woodwind Quintet, Op. 91, No. 6
Oct 14 W Zemlinsky*: Symphony No. 1
Oct 15 T Crusell*: Clarinet Concerto No. 3
Oct 16 F Zelenka*: Symphony Concertante in A minor

Oct 19 M Rachmaninov*: Piano Concerto No. 2

Oct 20–27 JPR Fall Membership Drive

Oct 28 W d'Erlanger: Violin Concerto in D minor
Oct 29 T Schubert: Symphony No. 9 "*The Great*"
Oct 30 F Tchaikovsky: Trio for Piano, Violin & Cello

San Francisco Opera

Oct 3 *Partenope* (in Italian) by George Frideric Handel

Julian Wachner, conductor; Danielle de Niese, David Daniels, Daniela Mack, Alek Shrader, Anthony Roth Costanzo, Philippe Sly

Oct 10 *Cinderella* (in Italian) by Gioachino Rossini

Jesus López-Cobos, conductor; Karine Deshayes, René Barbera, Efrain Solis, Carlos Chausson, Christian Van Horn, Maria Valdes, Zanda Swede

Oct 17 *La Bohème* by Giacomo Puccini

Giuseppe Finzi, conductor; Alexia Voulgaridou, Michael Fabiano, Nadine Sierra, Alexey Markov, Christian Van Horn, Hadleigh Adams, Dale Travis

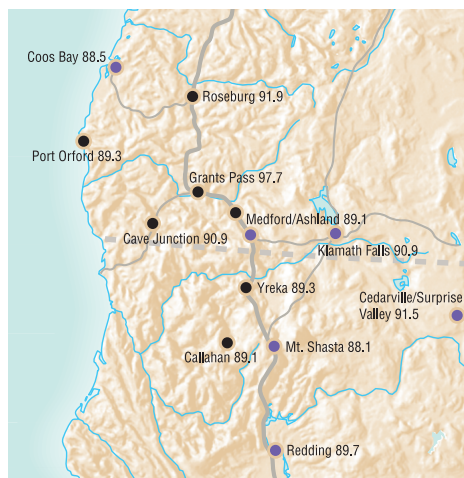
Oct 24 *Two Women* (in Italian) by Marco Tutino

Nicola Luisotti, conductor; Anna Caterina Antonacci, Sarah Shafer, Dimitri Pittas, Mark Delavan

Oct 31 *The Trojans* (in French) by Hector Berlioz

Donald Runnicles, conductor; Anna Caterina Antonacci, Susan Graham, Bryan Hymel, Sasha Cooke, Brian Mulligan, Christian Van Horn, René Barbera

Rhythm & News Service

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Monday through Friday

- 5:00am Morning Edition
- 9:00am Open Air
- 3:00pm Q
- 4:00pm All Things Considered
- 6:00pm World Café
- 8:00pm Undercurrents (Modulation Fridays 8–10pm)
- 3:00am World Café

Saturday

- 5:00am Weekend Edition
- 10:00am Wait Wait...Don't Tell Me!
- 11:00am The Best of Car Talk
- 12:00pm Radiolab
- 1:00pm Q the Music
- 2:00pm E-Town
- 3:00pm Mountain Stage
- 5:00pm All Things Considered
- 6:00pm American Rhythm
- 8:00pm Live Wire!
- 9:00pm The Retro Lounge
- 10:00pm Late Night Blues
- 12:00am Undercurrents

Sunday

- 5:00am Weekend Edition
- 9:00am The Splendid Table
- 10:00am This American Life
- 11:00am The Moth Radio Hour
- 12:00pm Jazz Sunday
- 2:00pm American Routes
- 4:00pm TED Radio Hour
- 5:00pm All Things Considered
- 6:00pm The Folk Show
- 9:00pm Folk Alley
- 11:00pm Mountain Stage
- 1:00am Undercurrents

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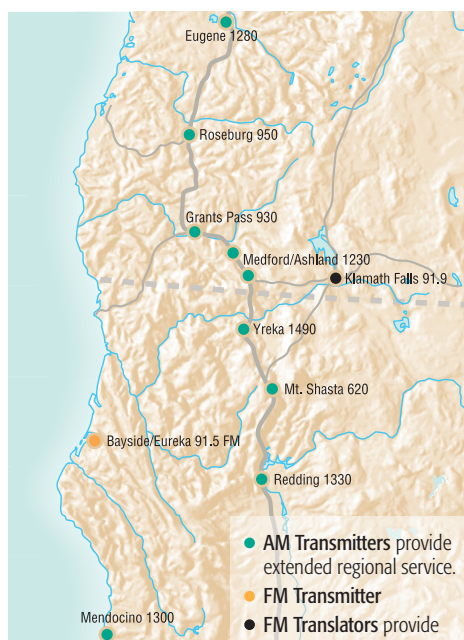
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- 7:00am Diane Rehm Show
- 8:00am The Jefferson Exchange
- 10:00am The Takeaway
- 11:00am Here & Now
- 1:00pm The World
- 2:00pm To the Point
- 3:00pm Fresh Air
- 4:00pm On Point
- 6:00pm Fresh Air (repeat)
- 7:00pm As It Happens
- 8:00pm The Jefferson Exchange (repeat of 8am broadcast)
- 10:00pm BBC World Service

Saturday

- 5:00am BBC World Service
- 8:00am World Link

- 9:00am Day 6
- 10:00am Living On Earth
- 11:00am Science Friday
- 1:00pm West Coast Live
- 3:00pm A Prairie Home Companion
- 5:00pm To the Best of Our Knowledge
- 7:00pm BBC World Service

Sunday

- 5:00am BBC World Service
- 8:00am To the Best of Our Knowledge
- 10:00am TED Radio Hour
- 11:00am On The Media
- 12:00pm A Prairie Home Companion
- 2:00pm Backstory
- 3:00pm Le Show
- 4:00pm Travel with Rick Steves
- 5:00pm This American Life
- 6:00pm Fresh Air Weekend
- 7:00pm BBC World Service

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GRANTS PASS

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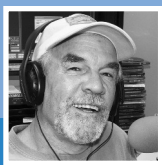
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Recordings

Derral Campbell

The Southern Oregon Music Festival: Over 100 Hours Of Live Music

In 2014, it became the Southern Oregon Music Festival. Before that it was the Medford Jazz Festival. When it began in 1989 it was called the Medford Jazz Jubilee. They had eight bands perform that year, and the community exploded in a celebration that has continued for 27 years. Like the Redwood Coast Jazz Festivals in Eureka, CA, the Southern Oregon Music Festival has evolved from the traditional, Dixieland jazz that was the foundation of the first fests, to include all forms of jazz, swing, blues, zydeco, R&B, rockabilly and funk.

From 2:00 pm Friday, Oct. 2 through 4:00 pm Sunday Oct. 4, The SOMU will light up seven blocks of downtown Medford, as 15 bands will provide over 100 hours of entertainment at five different venues. 95 sets of diverse music and dancing await, as preparations for the festivities gear up over the next few weeks.

Bishop Mayfield

When I moved to the Eureka area in 1983, I was impressed by the developing culture of the region. The variety of music was part of the picture, and one name that kept appearing in the entertainment listings was Bishop Mayfield. He was fronting a funk band at the time, regularly raising the roof all over Humboldt County. He's in Central Point, Oregon now, leading a 10-piece band that will be appearing Friday Oct. 2, 9:30pm at KOB, Studio C. I spoke to Bishop recently about music, and how music has informed his life.

Bishop was born in New York City, and first sang when he was five years old, at the grace Baptist Church in Harlem. Growing up a couple blocks from the Apollo Theater cemented his life in music, as he was able to hear, and meet, some of the greatest recording artists in history. "One of the first songs I loved was Ebb Tide, by Roy Hamilton," said Mayfield. "We were seeing all kinds of music. The Platters, the Mills Brothers,



The Southern Oregon Music Festival lineup includes talent from around the country as well as local favorite, Bishop Mayfield and Friends.

Clyde McPhatter. Billy Eckstein...Pearl Bailey was one of my favorites, and Ella Fitzgerald. Dinah Washington and Billie Holiday performed there often. You'd see these entertainers around town, and they were reachable back then. You'd go in a restaurant and they'd be sitting right there. You could sit down next to Dinah and have a cup of coffee with her." I asked him if this was a lingering part of the Harlem Renaissance. He said, "You know, it seems like there's a Harlem Renaissance every few years, but there was something going on ALL the time, that's for sure. We were fortunate enough to have them come to our schools!"

Mayfield saw more than the greats of jazz and ensemble vocals at the Apollo. While he saw Little Richard, Chuck Berry and James Brown at the dawn of their careers, it was Jackie Wilson who provided a most vivid inspiration. "What a showman," said Mayfield, "Dressed to the nines, a great singer with sharp moves and steps. I loved him. The Motown revues were part of the

picture as well, with great choreography and arrangements." We've all enjoyed the virtuosity of the artists Bishop Mayfield got to see as a youth, but to see them live, in their heyday, imparted values of entertainment and respect. He told me, "B.B. King said to 'Treat your audience like they're family, like they were in your own living room,' and a lot of that is lost now. Like shaking everybody's hand at a venue, thanking everybody who came out to see him, you don't see that in entertainment very much."

Bishop Mayfield's had a long journey from Harlem. In 1978 he moved to Humboldt County to manage a band from Visalia, CA. "I didn't leave for 30 years. I formed a band called Straight Shot with a great keyboardist, Charlie Thompson, and had the only funk band in Humboldt County. "For the Oct. 2 show in Medford, he'll be leading a 10-piece band, including a three-piece horn section with a trumpet, trombone and sax, and 2 female singers, 2 guitars, bass and drums. Drummer Denny Carmassi played with Ronnie Montrose and Oregon's beloved band, Heart. One of the guitar players is Dave Storie, who also played a large role in the musical melting pot that was Humboldt county in the 80's, and continues to perform and collaborate with Mayfield.

An energetic and enthusiastic player, I remember Storie's work behind the scenes as well as onstage. At one venue, the venerable Jambalaya Club in Arcata, musicians were endangered by a rotten floor and stage, and Storie assembled a crew of volunteers who rebuilt the crumbling structures, because nobody else was doing it. His perpetual smile is how I remember him from those days, and his laser focus on the music, playing as part of the song, unobtrusive yet vibrant.

The band will be performing originals, Otis Redding songs and Gospel music, starting at 9:30 pm Friday night at KOB Studio C, the Festival's premier dance venue, with

a 1,200 square foot professional-grade, wood dance floor.

Giving Back

Having musicians visit area classrooms is a big aspect of the Southern Oregon Music Festival. I spoke with Dennis Ramsden, the Executive Director of the Southern Oregon Music Festival, and he outlined how they're bringing music to the schools. "For 26 years now, we've been involved with bringing music to the students of 30 Rogue Valley elementary and middle schools," he said. "We have bands split into a couple groups and visit the classrooms, performing the rudiments of traditional and contemporary American music. The students get involved, and so do the teachers, as the musicians get them performing songs and dances from the 60's and 70's, with everybody having a great time. This year, we've got High Street, from Boise, Idaho, repeating their role from last year with the kids. They're a Zoot Suit band; I think they have every color suit there is. And the kids just get so excited. Being a 10-piece band, they split up into a couple groups, and go out to the schools a week before the Festival." And the result? "Once the kids become involved, they become better students. Learning the basics of music requires commitment, practice, and discipline. Statistics indicate that learning music gives the students benefits that carry over to other studies, and into the rest of their lives."

Ramsden also described a couple of new programs that have begun in the last few years; instrument donation and classroom music instruction.

"There are three components in the instrument donation program," he told me. "The Festival, collecting used instruments from donors, the band instructors in the schools, and the repair shop. They're like partners, networking to meet their needs and distributing instruments where they'll help the most. And we've got people going out to Central Medford High, teaching guitar classes to disadvantaged kids. This has proven very successful. We also hold guitar classes at Jackson County Juvenile Detention Center. For many of these students, this is the first time they've had anybody trust them, to give them a chance. And we've already seen many lives turned around. If they maintain good grades and meet certain qualifications, they get to keep their guitars. We have limited scholarships for lessons." And while these programs just date back to 2011, the enthusiasm among all involved

points to more music for more students.

Festival Marketing director Gwenne Wilcox added, "The Festival is committed to including more diverse styles of music, as evidenced by the inclusion of performers such as Bishop Mayfield, Danny Maika and Leify Green, in an effort to attract a broader demographic audience. Our goal is to be able to offer Festival sponsored events throughout the year at our sponsored venues, which will help engage our community's support for all live music in the area."

Bishop Mayfield remembers school in the 1950's. "We had music in the schools, but we didn't have a name for it," he says. I asked him if any "name" players stopped by his classroom. "Well, sure. Dinah Washington, Lionel Hampton, Roy Hamilton, Cab Calloway, Count Basie. They would play a little bit, tell you stuff to get you interested

in learning to be a musician. They'd share their skills and their ideas, inspire you to know what it's like being a musician."

The sharing continues the first weekend in October — a great local festival that has grown into an institution, feeding the soul of the community, gathering friends and family for the excitement and wonder of live music. It's called the Southern Oregon Music Festival!

Raised in Humboldt County, "Good Rockin' Derral" Campbell has been programming blues music on the radio since 1986. Derral hosts Late Night Blues Saturdays from 10 pm to midnight on JPR's Rhythm & News Service, from their Redding studio. He is also learning photography and plays saxophone in Redding's Blues Rollers

Tuned In *From page 5*

energy from the lightning strike could have found its way past our surge protection system. While this effort was underway we also re-grounded the entire building. This was a difficult task and was very dislocating for regular KAGI listeners, but we felt it was a step we needed to take before making new repairs that could again suffer future damage and cause future outages. We were successful in finding several weak points in the electrical system of the KAGI transmission system and addressed them before repairing and putting the KAGI transmitter back into service. This past week, an unrelated microwave failure once again caused a KAGI outage and I could only imagine the frustration KAGI listeners must be experiencing. I can assure you that things will improve in the long term after the extensive investment we've made in the KAGI site and we'll continue to take necessary steps to improve the facility.

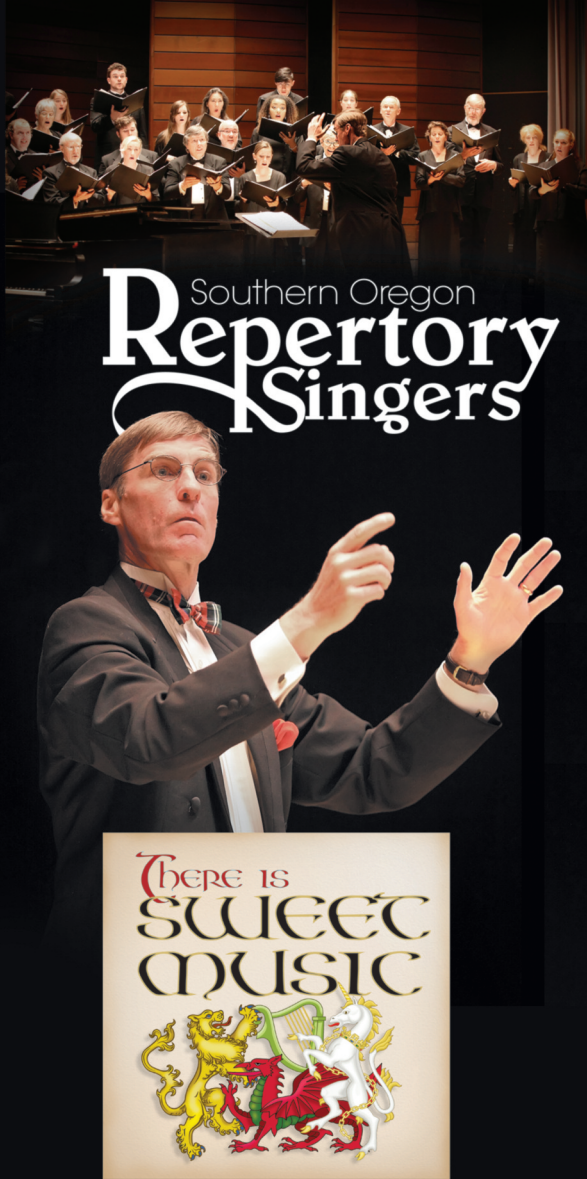
Northern California And The Klamath Basin

This summer local power utilities have announced an unusual number of "planned maintenance" outages that have affected several JPR transmitter and microwave relay sites. Soda Mountain, just east of Ashland, in particular has been im-

pacted by several planned outages which have interrupted our signal going east to the Klamath Basin and south to Siskiyou and Shasta Counties. We've done our best to notify listeners affected by these outages via email but recognize we don't have email addresses on file for the majority of our listeners. With this summer's high fire danger it has not been possible to operate a portable generator on Soda Mountain to limit the duration of these outages. Hopefully, these maintenance outages are now over and will result in more reliable power service in the months ahead.

As you can see, making three simultaneous JPR signals flow from your radio can be tricky business. Unlike major metropolitan areas, most of our transmitters and relay sites are located in rugged, remote areas that take hours to get to and lack infrastructure improvements like backup power. We'll continue to do our absolute best within our means to proactively improve our technical plant while also responding as quickly as humanly possible to reported outages. Thank you for your patience and support as we collectively work together to create a diverse and dynamic public radio service for Southern Oregon and Northern California communities.

Paul Westhelle is JPR's Executive Director.



Southern Oregon Repertory Singers will begin its 30th season under the direction of Dr. Paul French, with the performance of "There is Sweet Music"

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Shots HEALTH NEWS FROM NPR

Allison Aubrey

Sleep More, Sneeze Less Increased Slumber Helps Prevent Colds

The viruses that cause the common cold are always lurking. But consider this: Even if we touch a doorknob or keyboard that's covered in cold germs from an infected person, we don't always catch the cold.

"Sometimes when we're exposed to viruses, we end up not getting sick," says Aric Prather, a psychologist at the University of California, San Francisco, who studies how our behaviors can influence our health.

Our immune systems often fend off the viruses that cause colds. But, *how well* our bodies mount this defense can vary.

Prather wanted to document the extent to which a good night's sleep is pro-

tective. So, he and a group of colleagues recruited 164 healthy men and women — their average age was 30 years old — to take part in a study. Using sleep diaries and a device similar to a Fitbit, the researchers assessed each participant's sleep for a week.

Then the scientists sprayed a live common cold virus into each person's nose.

"We infected them with the cold virus," Prather says, then quarantined everybody and watched to see who got sick. The study's results appear this week in the journal *Sleep*.

"What we found was that individuals who were sleeping the least were substantially more likely to develop a cold," Prather says.

Adults who averaged five or six hours nightly during the study were four times more likely to catch the cold than people who slept at least seven hours per night.



PHOTO: RACHEL CALAMUSA | FLICKR

People who don't get enough sleep show higher levels of inflammation, say scientists who study colds. Smoking, chronic stress and lack of exercise can make you more susceptible to the viruses, too.



In fact, the adults who averaged five or six hours nightly during the study were four times more likely to catch the cold than people who slept at least seven hours per night.

Analyzed another way: About 39 percent of those who slept six hours or less got sick. Of those who slept more than six hours, “only 18 percent got colds,” Prather says. “It’s striking.”

Why a good night’s sleep is protective isn’t yet clear, but the scientists have a hunch.

“There’s evidence that people who don’t get enough sleep show higher levels of inflammation,” says Sheldon Cohen, a psychologist at Carnegie Mellon University who’s been studying the common cold for decades and co-authored the study.

Other factors and behaviors may increase susceptibility too, research suggests. For instance, age may play a role, and smoking, chronic stress and a lack of exercise can all make us more susceptible.

As for sleep’s value, Prather’s study is one more bit of evidence that many of us aren’t getting enough. The National Sleep Foundation recommends that adults get at least seven hours per night. And children and teens need even more.

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Your Money

Aarti Shahani

Why Phone Fraud Starts With A Silent Call

Here's an experience some of us have had. The phone rings. You pick it up and say "Hello. Hello. Helloooo." But nobody answers.

It turns out there could be someone on the other end of the line: an automated computer system that's calling your number — and tens of thousands of others — to build a list of humans to target for theft.

Build A List

Vijay Balasubramanian, CEO of Pindrop Security, a company in Atlanta that detects phone fraud, says that in any number of ways, the criminal ring gets your 10 digits and loads them into an automated system.

Maybe you gave your number to Target or some other big retailer that got hacked. Maybe you entered an online raffle to win a free iPhone.

According to the Federal Trade Commission, these robocalls are on the rise because Internet-powered phones make it cheap and easy for scammers to make illegal calls from anywhere in the world.

That initial call you get, with silence on the other end, "[is] essentially the first of the reconnaissance calls that these fraudsters do," Balasubramanian says. "They're trying to see: Are they getting a human on the other end? You even cough and it knows you're there."

Gather Account Information

The next step is gathering information about your bank or credit card account. You get a call with a prerecorded voice that tells you, for example, "[we're] calling with an important message about your debit card. If you are the cardholder please stay on the line and press 1. Otherwise please have the cardholder call us at 1-877..."

Scammers Turn To Caller ID 'Spoofing' To Pose As Police

If you're thinking about ignoring it, the message tries to scare you into paying atten-

tion with a warning: "A temporary hold may have been placed on your account and will be removed upon verification of activity."

That number leads to another automated system that prompts you to share personal details like your date of birth, your card number and secure PIN, the expiration date, your Social Security number.

It can be tricky because many real banks have a similar system. And, Balasubramanian says, fear does kick in. He recalls a big scam in 2014 in which criminals pretended to be the IRS calling to collect back taxes. (The agency says the scam is still going on.) If you wanted to call back or have time to talk to your spouse before paying over the phone, the fraudster wouldn't let you go.

Balasubramanian recalls, "They're like 'OK, if you want a moment to process this, we're going to send the law enforcement in front of your doorstep.'"

Pindrop keeps a "honeypot" — about a quarter-million phone numbers that aren't being used by real people, which the company uses for research. Workers enter the numbers into sweepstakes and online databases, to see what kind of fraud hits.

Company researchers estimate 1 in every 2,200 calls is a fraud attempt. And they've observed an interesting detail about the fraudulent 1-877 numbers. If you call back from your phone — which the criminals dialed — you get the prompt to enter personal data. If you call back from somewhere else, you get "this number has been deactivated." So a regulator or police

officer that's trying to crack down will think, incorrectly, it's out of commission.

Hijack Account

Once the criminal ring scrapes enough information on you, it has humans call your financial institution. Banks and credit card companies hire Pindrop to help them detect fraud.

In a real-life example, provided by one call center, the operator has a hard time hearing the caller and apologizes.

The caller, who is pretending to be the account holder, wants to know his available credit — to make sure the account is worth pursuing.

"Got it," the operator says, eager to provide good customer service. "Your available credit is \$34,999."

That's good money. The caller says, "OK, can you help me update my address today?" and he proceeds to take over the account.

Solutions?

Now, there are clues that the guy calling isn't legit. There are long breaks in his voice when he says, "I'd like to know the available credit in my account."

Internet-based phone services divide your voice into little packets, wrap them up and ship them across the network. If a packet gets lost, you get a break in the audio. The size of the break varies, by country and by network conditions. The specific device you use (Samsung Galaxy, MacBook Air, for example) and the voice itself give additional clues.

Pindrop has a tool that puts about 147 clues together and rates how trustworthy the caller is in real time. So an operator can tell, Balasubramanian says, "this call is supposed to come from a landline in Atlanta, but the audio is telling us it's a Skype call from West Africa."

There's no similar tool available for the average person. Balasubramanian says your best bet is to make sure



the number you're calling matches the number on the back of your credit or debit card, or the bank's website.

Pindrop declined to name its clients, because of nondisclosure agreements, but it says three of the four biggest banks use its services. The startup has gathered millions of samples from call centers and, based on analysis of unique callers and devices, Balasubramanian believes his team has identified a specific criminal group in Nigeria.

The ring, nicknamed "West Africa One," has a dozen members according to Pindrop. And they have varying skill levels. If a bank account has a larger credit line, it goes to one particular fraudster who's particularly adept at manipulating call center operators.

"The fraudster who's attacking the \$100,000-and-more account has so much information at his disposal, he's done so much research on the account, that he's flawless on his call," Balasubramanian says. "When the call center agent asks him a particular question, the way he answers, the pauses that he takes, all of that is a work of art as compared to someone going after the smaller-sized accounts."

Balasubramanian says while Pindrop has shared this information with its clients, he does not know if they are pursuing criminal investigations.

'Just Hang Up'

The FTC is trying to combat the rising number of illegal automated phone calls.

"It is the No. 1 consumer complaint that we receive," says Patty Hsue, an attorney who leads the FTC's effort against robocalls. The agency receives an average of 170,000 complaints per month about robocalls, she tells NPR's Audie Cornish.

The FTC recommends that consumers "just hang up" on the robocalls.

"We don't want consumers to engage in any way with robocallers," Hsue says. "A lot of times when you get a robocall you have the option of pressing 1 for more information or pressing 2 to ask to be removed from the list. And in either case, pressing 1 or 2 basically lets the robocaller know that it's a live person on the other line who's willing to engage and that could lead to additional robocalls."

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The Splendid Table

Sally Swift

The Splendid Table airs Sundays at 9:00am on JPR's Rhythm & News service and online at www.ijpr.org



This simple soup is hauntingly autumnal: sweet pumpkin simmered with spices and stock, then pureed and dressed with a grating of smoked cheese and a drizzle of olive oil. In Italy I first ate it with smoked ricotta — that bit of smokiness took the soup into an entirely new realm.

This recipe takes its inspiration from Italy's Friuli-Venezia Giulia, the country's most northeastern region and perhaps one of the most undiscovered by Americans. Because of the region's shared border with Slovenia and Austria — a border that has changed many times over the centuries — there you are as likely to hear German and Slovenian as Italian. The food echoes that border mentality with stuffed pastas and schnitzels with ham and cheese, ragus with sausage and radicchio, and potatoes a million ways. The food is delicious. The wine, however, can be divine.

In this area white grapes really shine. I ate this soup paired with a malvasia from Collio, Livon 2013, and it was a memorable combination. Start asking your wine merchant for wines from Collio; you will not be disappointed.

Soup can be made ahead and held covered and refrigerated until ready to serve.

Ingredients

- 3 tablespoons unsalted butter
- 2 medium onions, thinly sliced
- 6-8 cups pumpkin, peeled and seeded in a 1-inch dice (use pie or baking pumpkins or substitute hearty squash like red kuri or Lakota)
- 8 cloves garlic, roughly chopped
- 1 teaspoon allspice

- 1 1/2 teaspoons cinnamon
- 1 teaspoon sugar
- 1 teaspoon coarse sea salt
- Freshly ground black pepper
- 1/2 cup dry white wine
- 4-6 cups low-sodium chicken or vegetable stock
- Good-tasting extra virgin olive oil
- 1/2 cup grated smoked ricotta or other smoked cheese with personality like cheddar, Gruyere or Idiazabal from Spain

Instructions

1. Melt the butter in a heavy 5-quart pot over medium heat. When the butter foams, add the onion and cook, stirring often until the onion is nicely wilted and tender, about 4-5 minutes.
2. Stir in the pumpkin, garlic, allspice, cinnamon, sugar, salt and pepper and cook another minute to blend flavors.
3. Add the wine and increase the heat to medium-high, stirring until the wine has entirely evaporated.
4. Add the stock and bring to a simmer. Cover and cook until the pumpkin is very tender, about 20-25 minutes. Remove from the heat, uncover and allow to cool.
5. When cooled, puree the soup, in batches if necessary, and return to the heat. Taste for salt and pepper, and thin to a creamy consistency with additional stock or water.

Serve in bowls with a drizzle of olive oil and a tablespoon or so of the smoked cheese.

ROGUE VALLEY
Symphony
Martin Majkut
Music Director



The Salt WHAT'S ON
YOUR PLATE

Maria Godoy & Allison Aubrey



Party Of 1: We Are Eating A Lot Of Meals Alone

Epicurus, the ancient Greek philosopher, once likened eating alone to “leading the life of a lion or wolf.” This philosopher of pleasures, it seems, was a big fan of companionship. Communal meals are woven into our DNA.

But a lot of us are lone wolves these days when it comes to dining. New research finds 46 percent of adult eating occasions — that’s meals *and* snacks — are undertaken alone.

The data were gathered by the Hartman Group, a market research firm. It’s included in a new report from the Food Marketing Institute.

In America and many other cultures, eating alone has long been a social taboo. But that’s changing.

Now, “it’s more socially acceptable to eat alone,” says Laurie Demeritt, CEO of Hartman Group. “There’s this true cultural change that we believe is taking place.”

One of the drivers of solo-eating is the shift towards more single-person households. According to Census Bureau data, the proportion of one-person American households increased from 17 percent in 1970 to 27 percent in 2012.

And this has helped usher in a new kind of norm. Why take the time to pre-

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Amit Peled, cello

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Why take the time to
prepare and sit down to a
meal by yourself, when
you can just grab-and-go?



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pare and sit down to a meal by yourself, when you can just grab-and-go?

"A smoothie and a bar [can] represent a lunch today," Demeritt says. And the fixed thinking about three square meals a day is becoming passe.

"There's a more flexible, on-the-go eating style," Demeritt says. We eat in our cars, while we walk down the street, and often, at our desks. And in many cases, snacks are replacing the fixed institution of meals.

Next time you're waiting in line at Starbucks, for instance, notice all the little bento-style boxes of cheese, hummus and meal-like snacks for sale in the cold case.

But if breakfast and lunch are on the go, surely there must be some respect left for the institution of dinner? As we've reported, many Americans aspire to the sit-down, family meal.

Yep, the new data reflect this is still true. "Dinner still has some significance in consumers' lives, in terms of eating together," Demeritt says. Her group's research finds that only 24 percent of dinners are eaten alone, compared to 53 percent of breakfasts and 45 percent of lunches.

But these dinners may not look like a Norman Rockwell painting of a family sitting together. Often, we're still tethered to our devices.

"We might be in the room together, be we're engaged in other activity," Demeritt says. Think of it as a semi-alone state — or being alone, together.

That's not to say that technology will always be the divider when it comes to meals. At the Georgia Institute of Technology, researchers are starting to investigate ways that technologies like Skype, table-top video monitors or even robotic systems can be used to bring people together virtually during meals.

The work, led by Wendy Rogers of the Human Factors and Aging Laboratory, is focused on finding ways to connect seniors to friends and family members at meal times.

Research has shown that people tend to eat less when dining alone than in large social groups. That can be a good thing if you're trying to watch your waistline. But it's a problem when it comes to the elderly living alone or in assisted living. They're vulnerable to malnutrition for lots of reasons. They're too frail to open food packages or screw off tops, they're alone or depressed, they've lost their appetites, or they're not motivated to cook a meal for one.

Technology, says Rogers, can be a means

to re-establish a sense of social connectedness and provide the social cues that feed our joy of eating.

"Anecdotally, we know that people are already doing this with grandparents and grandchildren, Skyping to catch up during dinner time," Roger says. "But I don't think it's really taken off yet."

And technology is already helping to bridge the gap among lonely eaters in other, surprising ways.

Witness the rise of the South Korean phenomenon known as *mukbang*, in which viewers pay to watch strangers binge eat over a live video stream during dinnertime.

In an age when — as in America — one-third of Korean households now consist of just one person, people are simply using new technology to reconnect over a meal, says Sangyoub Park, a sociologist at Washburn University who has studied *mukbang*.

"Maybe this is the future for us all," Park says. "Everyone is so busy, and you don't want to eat alone. So you go online. ... So even though you don't share the same table, you are eating together with someone else."

Of course, eating alone can also have its upsides. In 1937, the food writer M.F.K. Fisher extolled the virtues of solitary meals, suggesting they can be an opportunity for more mindful eating. And she pointed out, even royals have given it a try — King Louis XIV of France made it a habit to lunch alone.

And that great icon of modern pop culture, Andy Warhol, was ahead of his time when it came to eating alone.

"I like eating alone," Warhol once said. "I want to start a chain of restaurants for other people who are like me. ... You get your food and then you take your tray into a booth and watch television."

Today, that would be texting, Instagramming or watching a vine.

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Zoo In You *From page 7*

germ-free environment for the laboring mother and baby so as not to introduce pathogens? Yes and no. We must always be vigilant about spreading infections to vulnerable newborns but we are now seeing that it is actually not in the best interest of human health to sterilize mothers and babies. The mother's vagina and rectum are teeming with thousands of different kinds of bacteria. These bacteria, passed from the mother to the baby via the birth canal, are now thought to be beneficial, essential even, as are the bacteria that the baby imbibes in the mother's colostrum and breast milk.

In addition, several studies have suggested that babies should not be washed after birth. Not only does the vernix (a white creamy substance on an infant's body that develops in the womb) have powerful protective properties, but keeping a baby unwashed promotes bonding between the mother (whose brain responds with euphoria to the scent of her baby) and the baby (who recognizes the smell of his own amniotic fluid). While many midwives have stopped washing newborns, American hospitals continue to wash babies, depriving them of the bacteria rich substances they are born with and exposing them unnecessarily to antibiotic soap.

Surgical birth is another microbe-depleting practice. When babies are born via Cesarean section, they do not get inoculated with the mother's beneficial vaginal bacteria but instead colonized by other bacteria found on the mother's skin and even in the hospital itself. To combat this problem, an increasing number of forward-thinking evidence-based obstetricians, often at the urging of midwives, have started inoculating babies born via C-section with their mother's vaginal secretions.

A few months after having breakfast with the Hicks, I visit John Kloetzel, a cell biologist who earned his Ph.D. from Johns Hopkins, taught at the University of Maryland for 37 years, and moved to Southern Oregon in 2007.

Kloetzel ushers me into his brightly lit and tidy home on the north side of Ashland and his wife brings me a glass of iced tea. Sitting in a rocking chair, he sports a white beard, a white Polo shirt, and blue shorts as he recounts that these days he teaches classes on the human microbiome at the Oregon Lifelong Learning Institute. He explains that the ability to do DNA sequenc-

ing is what has proved to scientists that there is a rich diversity of "bugs in our guts" and that the field of microbiome research has really taken off recently because of scientists' keen interest in the implications this knowledge might have to human health.

Like a good scientist, Kloetzel does not have definitive answers. Instead he has a lot of questions:

Is the explosion in autoimmune diseases, obesity, and autism, which has paralleled a decline in infectious disease, somehow linked to the microbes in our bodies?

Do we need infectious diseases to attack so that our immune systems—always on the alert—will not attack ourselves?

"We're in the early stages of understanding what's in us and on us," Kloetzel explains. "We're like the first explorers in the Amazon paddling in dug-out canoes ... It's a field that's just getting rolling."

Though he is keenly enthusiastic about the human microbiome, Kloetzel is skeptical when I tell him about some of the benefits that Dr. Hicks is seeing among the children in his practice. He wonders if the healthy bacteria in fermented foods can really survive the harsh environment of the stomach, withstand the acid, and colonize our guts. He points out that more than 90 percent of the microbes in our guts cannot be grown in a petri dish in standard lab conditions. Many of them are "obligate anaerobes" (they cannot survive in the presence of oxygen). He wonders out loud if taking probiotics and eating fermented foods truly have a health benefit or if they are just another diet craze.

"I can't say it's bad for you," Kloetzel laughs. "I took some probiotics myself when I had a condition for which I had to take antibiotics. But a lot of research is still needed before we really understand if taking this or that probiotic is really going to help you, because we don't really know what the optimal biome should be."

One of Kloetzel's colleagues, Andy Kumitz, M.D., a family practice doctor with 36 years of experience in private practice in Southern Oregon, tells me a few weeks later that while he agrees there is still a tremendous amount to learn about which bacteria are beneficial to humans, he thinks probi-

otic treatments will be the future of modern medicine.

"We just catalogued the normal bacteria in the last year and a half," Kumitz explains when I reach him by phone. "We've identified bacteria that helps us lose weight

and ones that make us gain weight using germ-free mice ... without changing their diet ... It's the bacteria that really drive our metabolism."

So one day I'll be able to swallow a pill full of microscopic bugs that will help me get thin?

I like the sound of this. So does Dr. Kumitz.

"The future holds probiotics as a way to cure specific diseases," he insists.

"Yes, there's still a lot to be worked out. It's all extremely exciting and promising."

The Overuse Of Antibiotics

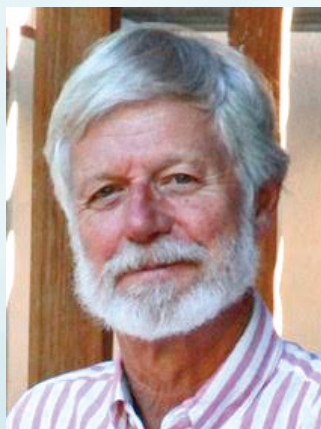
What neither Kumitz or Kloetzel is happy about, however, is the fact that doctors are continuing to overprescribe antibiotics and parents continue to giving them to their children much too often, a practice that destroys the beneficial bacteria in a child's body and disrupts the immune system, setting the stage for more virulent and antibiotic-resistant infections.

Kloetzel tells me people do not realize that they are often ingesting antibiotics on a daily basis, every time they eat meat and other animal products. Ranchers give antibiotics to their cattle and other livestock not just to treat infections but also because antibiotics have been shown to help animals put on more weight. When you are paid by the pound, it's a "no brainer" to do anything you can to make your livestock weigh more, Kloetzel points out.

So now antibiotics are in our food supply, in our drinking water, in over-the-counter medications like first aid cream, in hand sanitizers, hand soaps, dishwashing soaps, and prescription medications.

"We're way overusing them," Kloetzel shakes his head. "It's bad for our microbes."

But there's something Kloetzel argues is worse: spraying glyphosate on food crops. Glyphosate, a broad-spectrum herbicide and the main ingredient in Roundup, targets an important enzymatic pathway found in plant cells. Agricultural and medical scientists



John Kloetzel, Ph.D.

have long assumed that it is safe for humans because human cells, like all animal cells, lack that enzymatic pathway. So molecular biologists working in biotechnology have managed to genetically engineer strains of soy and corn to be glyphosate resistant. This allows farmers to spray their fields with glyphosate, which kills the weeds but not the genetically modified crops.

It's not the genetic engineering that is a problem, Kloetzel argues, it's the negative effects of the glyphosate on the non-human cells in our bodies.

"It's a good idea in theory but the problem is that bacteria do have the pathway that is interfered with by the glyphosate," Kloetzel explains. "If you ingest it, it's not going to affect your own cells, but it will affect the bacteria in your gut. Our microbes are sensitive to glyphosate."

It's pouring rain a few days later when I sit down with Courtlandt Jennings, the founder of Pickled Planet, the artisanal Ashland-based company that made the sauerkraut that made Betsy Hicks so happy. He and his partner Jennifer McCoy, a clinical herbalist, meet me at Sammich, a Chicago-style deli in Ashland, Oregon. We decide to brave the rain and sit outside. And we all choose the same drink—what else?—locally produced fermented sodas. Wylie's turmeric ale is so bioactive that our sodas fizz and bubble when we pry the caps off.

I share Kloetzel's skepticism about the claim that eating fermented foods promotes healthy bacteria with Jennings and McCoy.

"There are certain bacteria that don't but lactobacillus bacteria are able to withstand the harsh environment of the stomach," Jennings insists.

"I can give you at least a hundred research studies looking at the benefits of gut flora," adds McCoy.

Watching his mom make sour dough bread first got Jennings interested in fermentation. "You could take this dead flour and make it living," he says. "It seemed really cool." So Jennings started experimenting with fermentation—brewing beer and making wine—while he was still in high school. "I was interested that I could make things bubble."

Jennings says that when he started making big batches of sauerkraut in 2003 there was nothing else like it on the market. It was rough going at first, since Americans did not know about the importance of fermented foods, though now the industry has started to take off.



Scienceworks is bringing a 2,000 square foot exhibit from the Oregon Museum of Science and Industry in Portland called "The Zoo in You," which seeks to educate children and adults about the human microbiome.

PHOTO COURTESY OF OMSI

"We've been growing 50 percent each year for the past two years," he says. "Part of the project is to educate people that you are already covered head to toe with bacteria so you might as well make friends with them."

That is what Kloetzel is hoping as well. Before I leave his house, he hands me a flyer. Scienceworks is bringing a 2,000 square foot exhibit from the Oregon Museum of Science and Industry in Portland called "The Zoo in You," which seeks to educate children and adults about the human microbiome.

"It's a bit of a hard sell," Kloetzel, who serves on the Science Advisory Board of Scienceworks (as does Andy Kumitz), confesses. "It's not dinosaurs."

But Steve Jessup, an environmental biologist who has taught university biology and environment science for 18 years (and also happens to be my neighbor), thinks it's a fascinating subject. "There are more microbes in our bodies than cells related to our own genetics," he enthuses when I interview him by phone. "We are a highly complex system of bacteria, protozoans, tardigrades, and invertebrates like flatworms and roundworms."

Tardigrades, I interrupt him, what in the heck are those?

Jessup tells me they are the world's smallest animals, better known as "water bears," and they have been touted for their purported ability to survive in outer space. He also says these 8-legged invertebrates live in human tear ducts.

Another scientist at Duke University's medical school, William Parker, Ph.D., who



PHOTO: SCIENCESOURCE

The microscopic tardigrade—also known as the water bear.

has published over 100 peer-reviewed scientific papers, tells me that he his research reveals positive effects on the immune systems of both rats and humans when worms, a once integral part of the human biome, are purposefully introduced.

Tardigrades, flatworms, bacteria, oh my.

I'm not sure I'm ready to embrace *all* the non-human life living in and on my body, but I am looking forward to taking my kids to the exhibit at Scienceworks.

Jennifer Margulis, Ph.D., is the award-winning sauerkraut-eating science journalist and author of *Your Baby, Your Way: Taking Charge of Your Pregnancy, Childbirth, and Parenting Decisions for a Happier, Healthier Family* (Scribner 2015). Her mother, Lynn Margulis, Ph.D., was a prominent microbiologist who discovered the importance of symbiosis in cell evolution and is responsible for the endosymbiotic hypothesis. Read more about Jennifer and sign up for updates at: www.JenniferMargulis.net.



First... The News

Liam Moriarty

To Show Or Not To Show Disturbing Images In The News

When I first saw the image, it was like a sucker punch to the gut. It knocked the wind out of me.

I could almost hear my heart break, and I sat at my desk in front of my computer and wept.

I'm sure you know the image I'm talking about. It was all over the Internet the first week of September, that picture of three-year-old Aylan Kurdi, a refugee from the hell that's broken loose in his home of Kobani, Syria, drowned on a Turkish beach.

Compared to the images of live decapitations, incinerated soldiers and stacked corpses that are so easily accessible these days, the photo of little Aylan was actually rather mild. No blood, no mutilation. He looked almost peaceful lying there in his red t-shirt, his little blue shorts, his tiny sneakers, his left hand tuned palm-up, almost as though asleep on the sand. It was only the cold wavelets lapping against his face that told you this was a dead child.

But yet ...

The image was extremely powerful, in more ways than one. Emotionally, it was just deeply, profoundly sad. Many people I spoke to reacted as I did, with the tears of a grieving parent. Again and again I heard, "He could have been my child." We wept for the raw human tragedy of it.

The photo also shocked the global conscience. The Syrian civil war has been steadily escalating for five years, talking a growing toll in blood and displaced lives. And Syria has been the source of many appalling photos over that time: children poisoned with chemical weapons, cities reduced to rubble, summary executions, disembowlements and more. It's hard to say why this particular image broke through the impotent resignation of the international community and prompted European nations to agree to take in large numbers of refugees from Syria, Libya and other crisis points

around the Mediterranean Sea.

The photos of little Aylan also triggered a robust media debate over the wisdom of publishing such a disturbing image. Many editors had misgivings, fearing they could be seen as exploiting a tragedy. Still others felt it was important for the world to see what was going on.

The Independent, a UK-based newspaper, put the image on their front page, saying, "The Independent has taken the decision to publish these images because, among the often glib words about the 'on-going migrant crisis', it is all too easy to forget the reality of the desperate situation facing many refugees."

Many others agreed that the picture, distressing as it was, needed to be seen. *The Washington Post* and the *Los Angeles Times* both published the image. *L.A. Times* assistant managing editor Kim Murphy told the *New York Times* that there had been a consensus among editors there.

"The image is not offensive, it is not gory, it is not tasteless — it is merely heart-breaking, and stark testimony of an unfolding human tragedy that is playing out in Syria, Turkey and Europe, often unwittingly," she said. "We have written stories about hundreds of migrants dead in cap-sized boats, sweltering trucks, lonely rail lines, but it took a tiny boy on a beach to really bring it home to those readers who may not yet have grasped the magnitude of the migrant crisis."

The New York Times, the *Wall Street Journal* and other U.S. news outlets, including NPR, took a more nuanced approach, at least at first. They used other, less shocking images of young Aylan taken at the same time as the face-down-on-the beach image. The Times later reversed course. Times executive editor Dean Baquet said, "We debated it, but ultimately we chose to run a powerful version of this photo because

it brings home the enormity of this tragedy."

Some online news outlets pixelated Aylan's image. Others chose not to run the photos at all. Somewhat surprisingly, Vox Media — known for its brash reporting style — was among them. Vox editorial director Max Fisher said he was uncomfortable with the way the image was becoming an internet meme.

"I understand the argument for running the photo as a way to raise awareness and call attention to the severity of the refugee crisis, and I don't begrudge outlets that did," he told the *New York Times*, "but I ultimately I decided against running it because the child in that photo can't consent to becoming a symbol." Fisher also wrote an article skewering the British tabloid press for beating the anti-immigration drum for years, then plastering the dead refugee child across their front pages. "That's not compassion," he wrote. "It's voyeurism."

The journalistic debate ran hot on Twitter, as well. Dima S., an Egyptian blogger, tweeted, "Hard to be online anymore. Respect the dead. Find out their name, origin, struggle, story anything but please respect the sacred bodies."

But Peter Bouckaert, of Human Rights Watch, tweeted, "What is offensive is dead kids washing up on our beaches when deaths could have been prevented by EU action, not the pictures themselves."

However you feel about it, the changing mediascape means the old newspaper editorial standards, which protected readers from horrific images, is in tatters. Increasingly, news outlets feel there's more than shock value in showing their readers the unvarnished reality of the events they cover.

And especially now — after worldwide circulation of the photos of Aylan Kurdi triggered quick reaction from governments, who suddenly opened their doors to the flood of refugees — you as a news consumer can expect going forward to be confronted again and again with images of the ugly truth.

Liam Moriarty has been covering news in the Pacific Northwest for nearly 20 years. After covering the environment in Seattle, then reporting on European issues from France, he's returned to JPR, turning his talents to covering the stories that are important to the people of this very special region.

Poetry

Kwame Dawes

Land Ho

I cannot speak the languages
spoken in that vessel,
cannot read the beads
promising salvation.

I know this only,
that when the green of land
appeared like light
after the horror of this crossing,

we straightened our backs
and faced the simplicity
of new days with flame.
I know I have the blood of survivors

coursing through my veins;
I know the lament of our loss
must warm us again and again
down in the belly of the whale,

here in the belly of this whale
where we are still searching for homes.
We sing laments so old, so true,
then straighten our backs again.

Born in Ghana and raised in Jamaica, Kwame Dawes is the author of twelve books of poetry and several works of fiction and nonfiction. He is a Chancellor's Professor of English at the University of Nebraska-Lincoln, where he also serves as the Glenna Luschei Editor-in-Chief of *Prairie Schooner* and a faculty member of Cave Canem. In addition, he teaches in the Pacific University MFA program in Oregon. "Land Ho" was originally published in *Requiem* (Peepal Tree Press, 1996) and "The Glory Has Left the Temple" originally appeared in *Wheels* (Peepal Tree Press, 2011); both are collected in *Duppy Conqueror: New and Selected Poems* (Copper Canyon Press, 2013) and are used by permission. On Monday, October 19, at 7:30 p.m., Kwame Dawes will give a public reading at the Chautauqua Poets and Writers Series at Mountain Avenue Theatre, Ashland High School. Tickets are available at Bloomsbury Books and Bookwagon, or through www.chautauquawriters.org.



CREDIT: RACHEL ELIZA GRIFFITHS

The Glory Has Left the Temple

for Gabriel García Márquez

To tell it, I must call it a dream.

A dream on the Caribbean coast of Colombia
where a beautiful black man serves
thick omelets messy with onions and mushrooms
to an assortment of mavericks—dock workers,
professors, maids, three police officers,
five whores, and a clutch of lawyers—at midnight,
sopping up the curdling rum in their bellies
with thick chunks of white doughy bread.

Antonio, the black chef in flowing linen,
has a hand jutting from his belly
to hold hot coals, and above his head
the interlocking, whirling wheels
with shifting eyes blinking back tears
but following our every movement. The earth
has grown weary with too much blood.

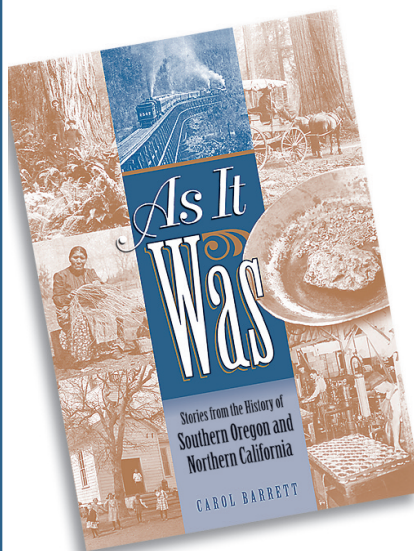
Everyone is counting the casualties
like the score of soccer matches.
I could call it a dream, a kind of
Márquezian apocalypse, the memoir
of a novelist being handed the reams
of paper on which he will prophesy
to the wind. Instead, I will admit
the truth: I have been sitting in a hot
room that smells rich with incense
and the sweat of priests who have lost
the language to comfort the bereaved—
priests whose idols have crumbled
to dust. I am listening to the wind,
to the voice in the wind telling me
to write it all down. So I do.

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Amy Miller, Poetry Editor, *Jefferson Monthly*
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As It Was: Stories from the History of Southern Oregon and Northern California
BY CAROL BARRETT

JPR's original radio series *As It Was*, hosted by the late Hank Henry, is now a book.

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As It Was

Stories From The State Of Jefferson

Harassed Japanese-American Youth Asserts His Citizenry

By Kernan Turner

A 17-year-old Japanese-American boy in Hood River, Ore., wrote a poem shortly before committing suicide on Feb. 27, 1931. The youth, Kay Yasui, son of Japanese immigrants Masuo and Shidzuyo Yasui, had faced racial harassment at a time Asian discrimination was especially high in the United States. Much of his family would later spend World War II in Northern California's Tule Lake Japanese confinement camp.

The poem's timeless message goes like this:

You call me "Jap,"
And boast, saying you yourself are American.
My hair is black,
My nose, you say, is flat.
You insult and torment;
You say you are my superior
Because you are
American.
If such a thing be true,
By what rights do you designate yourself
American?
In your blue eyes, I see the Swede,
You have the red hair of the Irish,
Your mother's mother was of Spain,
Your father is from Britain's soil.
Trace your ancestry;
Were they Indians of America?
By what rights then,
American,
Are you American?
Because you were born in this land
Are you American?
I, too, claim this land as my birthplace.
As much American as you,
I, too,
Am American.

Source: Kessler, Lauren. *Stubborn Twig*. Corvallis, Ore.: Oregon State University Press, 2008. Print.

As It Was is a co-production of Jefferson Public Radio and the Southern Oregon Historical Society. The series' script editor and coordinator is Kernan Turner, whose maternal grandmother arrived in Ashland in 1861 via the Applegate Trail. *As It Was* airs Monday through Friday on JPR's *Classics & News* service at 9:30am and 1:00pm; on the *News & Information* service at 9:57am and 9:57pm following the *Jefferson Exchange*.

Hurdy Gurdy Girls Entertain Miners At Day's End

By Lisa Gioia

During the heyday of the gold rush, the towns of Northern California teemed with men seeking relief from their day's labor. Bartenders in the numerous saloons lining the streets needed a hook to bring in business as they competed for the coin of the pleasure seekers. Hence, the hurdy-gurdy girl was born.

The hurdy gurdy is a stringed musical instrument shaped somewhat like a woman's derriere. The girls entertained by singing, dancing, playing instruments, and demonstrating other talents. An ordinance passed by the Siskiyou County Board of Supervisors deemed the innocent-sounding entertainment illegal. It was up to the sheriff to uphold the law.

One bar owner in South Forks who hired girls was tipped off that the law was on its way, and when the sheriff arrived to haul away the girls, none was found. After he left empty handed, the girls resumed their entertaining ways.

Hurdy-gurdy girls may not have enjoyed the same claim to infamy as their "soiled dove" counterparts, but they are a part of Wild West history and helped play a role in shaping it.

Source: Denny, Jim. *Siskiyou Pioneer* 6.7 (1972): 28. Print.

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Martin Sexton | October 8, 2015



Singer-songwriter Martin Sexton creates music that instantly draws you in. His songs cover the American musical landscape of soul, gospel, R&B, country and blues. Sexton slides easily from the mellow tenor that *Rolling Stone* calls “soul marinated” to a surprisingly beautiful falsetto and back down again to a raspy blues shout, creating an experience that is dynamic and emotional. His energetic and heartfelt live performances have earned him legions of devoted fans and critical acclaim. John Mayer calls Martin Sexton “one of the most treasured singer-songwriters I’ve ever heard in my life.”

Lake Street Dive | November 1, 2015



Lake Street Dive is a fascinating blend of influences — grounded by a Motown bass line, spiced with adventurous jazz-infected outbursts and propelled by lead singer Rachael Price’s powerful and expressive vocals. Lake Street Dive is attracting young audiences all across the country playing original music that seems more at home in their parents’ generation — infused with 1930s jazz, ’50s rockabilly and doo-wop, and ’60s blues and soul. The *New York Daily News* says Lake Street Dive’s music “melds its history of sources seamlessly, making rock and jazz swing as one” and *Rolling Stone* says that Rachael Price’s “big voice triggers flashbacks of Amy Winehouse and her forebears.” Don’t miss this special opportunity to hear one of the brightest upcoming bands on the music scene today.

José Gonzalez and yMusic | March 8, 2016



Swedish singer-songwriter José Gonzalez creates powerfully austere songs that lead audiences on an introspective sonic journey. Gonzalez’s intricate fingerpicking backs up his soothing vocals, graceful melodies, adventurous harmonies and evocative lyrics. *Rolling Stone* says Gonzalez “can massage your worried mind like Cat Stevens.” His warm, unobtrusive tenor combined with minimal instrumentation and spacious arrangements has come to define his unique voice and remarkable sound making him an international star.

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